Sleep Changes Your World PSA (:60)

[Young Child] When I go to sleep, the whole world changes.

[Narrator] Kids have funny ideas about sleep, and so do some of us. Frankly, many of us that make our living on the road have funny ideas about sleep, too.

[Truck Driver 1] I don't get paid to sleep.

[Truck Driver 2] Sleep is a luxury I can't afford.

[Narrator] Good sleep is as important to our overall health as proper nutrition and exercise. When we sleep, our bodies repair wear and tear, fight germs, increase learning, optimize our blood sugar insulin system, balance appetite hormones, and get us in shape for a new day. That's just what we need for healthier, happier lives.

[Young Child] When I go to sleep, the whole world changes.

[Narrator] Maybe it's not a funny idea after all. Learn how sleep can change *your* world. For information that truck drivers and trucking companies can use to promote better sleep and prevent risks linked to fatigue, visit www.healthysleepfortruckers.org.

A message from the CDC.